

ATHLEISURE







ART IN THE AGE

CHICORY ROOT

— flavored vodka —

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WITH GARDEN-FRESH
WHOLE CHICORY ROOT,
DANDELION ROOT,
CINNAMON & MAPLE SYRUP

375 ML

40% ALC/VOL









JAN 2018



#TribeGoals



@AthleisureMag

NEW

TRULY SPIKED & SPARKLING™ WATER

5%
ALC./VOL.

100
CALORIES

2g
CARBS.

GLUTEN
FREE



@TRULYSPARKLING | #LIVETRULY

Nutritional Information based on 12 oz. serving.

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PLEASE DRINK RESPONSIBLY

ATHLEISURE

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Run on clouds.



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THE KNOCKOUT

with Brandi Rhodes





COVER, THIS PG + PG 19 |
REEBOK Strappy Sports
Bra | MIRA RAE Lace Leg-
ging |

If you don't know [Brandi Rhodes](#), you're missing out on this stunner who embodies #GirlPower and #CoupleGoals. While you get to know more about her through her social, you can catch her wrestling with [Women of Honor](#) alongside her hubby [Cody Rhodes](#) (as she is apart of wrestling royalty)! You can also catch her this month in the debut season of [E! WAGS Atlanta](#), where she is one of the breakout stars.

In addition to shooting her fabulous editorial for our anniversary issue, we talked with her about how she got into the industry from modeling, her start in the [WWE](#), being in ROH/WOH, her busy schedule and how she maintains her site, [Not a Basic B](#) for her fans to get to know her more!

ATHLEISURE MAG: Tell us how you got into wrestling and what your journey was into the sport?

BRANDI RHODES: I was scouted by WWE as I was modeling in Miami, FL. They contacted my modeling agency and expressed interest. From there I had meetings and then a try out to assess my athleticism. Then I was offered a contract to come to [Florida Championship Wrestling](#) and begin training. The rest is history!

AM: We know you were with the WWE and are currently with WOH - can you tell us about your experiences with both and what you're looking forward to within this league?

BR: With WWE I was an announcer, and unable to wrestle (which is what I wanted to do all along, but once it was discovered that I was good on the mic, I was placed in that position and unable to transition away from it). In WOH I am of course a wrestler and am able to spread my wings and grow and learn so much! I also am able to work with my husband in ROH which is so much fun. ROH/WOH allow me to do everything in the realm of wrestling,

which is very challenging and fun.

AM: What's it like being married to Cody, who is also a wrestler and is in ROH?

BR: I'm the luckiest woman in the world to be married to Cody. He is incredibly smart, ambitious, handsome and has such a big heart. It's inspirational to get to work with him in ROH. I learn a lot from him, and I have a front row seat to this time, being the most successful of his career. In Wrestling, many times wives have to stay home and watch their spouses compete from afar. I'm grateful to be on the road with him and able to see some of his most important matches.

AM: How do you balance your schedules as we interviewed WWE Superstar [Natalya Neidhart](#) last year and [Danielle Moinet/Summer Rae](#) last year and know that as an athlete, you guys travel a lot to global matches? When your husband is also doing these, how do you connect and find balance?

BR: We are big on having our fun. We plan our downtime just like anyone else. This month we are looking forward to a long awaited ski trip after heading to Japan for WrestleKingdom, one of the biggest wrestling events of the entire year! But sometimes it's a trip to [Disney](#) or [Universal Studios](#) to recharge and connect, others it's a trip to our favorite movie theater, and other times, we have to find time to have dates on the road! Last week we had to see [The Last Jedi](#), in New Jersey because we were working, but refused to miss out on seeing the movie right when it came out. No matter how busy our schedules are, we can always find time to do things we love together. We make it if we have to!

AM: When we looked through your blog, [Not Another Basic B](#) - we were obsessed with your accessories and style - tell us more about your blog, why you

created it, and how important is it to you as a creative outlet?

BR: Initially I created Not Another Basic B as a way to express my creativity. I was very bored and just not satisfied in my previous career. I couldn't control that at the time, but I could challenge myself by creating the blog and the content that I put into it. I loved fashion and often would have people tweeting me trying to find out what brands I was wearing on TV, and this blog made it easier to connect with these folks and get them that information! From there, the blog took off to become more than fashion. I started sharing my travels, things about my family and my marriage and personal stories as well. Now people look to the blog as a place for everyone. From the fashionista to the wrestling fan, to the traveler! I'm so proud of what it has become!

AM: How did you become apart of the cast of WAGS Atlanta?

BR: I was living in LA working on another TV project and Casting reached out to my management asking if I would be willing to do a Skype interview to get to know me. I did the interview and a week later was sent over a contract to do the show! It was really fast! I later found out that I was the last member cast. They were looking for someone who had an existing fan base and presence, and thankfully I have the most loyal fan base and following from the wrestling world and they are really excited to see me on the show!

AM: We know that the season just started, but would you come back for another season, and/or be open to future reality shows?

BR: There are a lot of factors that come into play when determining what happens next and when. But I am happy to have this opportunity to be a part of the [E!](#) family, and for viewers and

our existing fans to have the opportunity to get to know us a little better!

AM: How do you stay in great shape?

BR: I train very hard daily! My workouts are 6 days a week and incorporate weight training, interval exercises and plenty of cardio. I've found a balance with training, it's something that challenges me, but also that I enjoy greatly.

AM: What do your workouts look for a match versus just maintaining when you may be in a few days of downtime?

BR: I really don't deviate from routine when I have a match coming up. I compete pretty frequently, sometimes multiple times in one week, so for me it's important to stay consistent at all times. In the summer, however, I do tend to add runs into my workouts simply because I love running outside!

AM: What are 3 go-to power foods when you're working out versus 3 splurges when you're treating yourself?

BR: When I'm working out I love a good protein shake, my favorite is from a place called [Kale Me Crazy](#). I'm also very big on tuna packets, because I can take them anywhere and they do the trick! Then I love almond butter. Put it on my toast every morning. Splurge foods: pizza, burgers and any kind of cake. I have a ridiculous sweet tooth!

AM: You travel frequently what are 3 beauty products that you swear by that keep your skin fresh and vibrant?

BR: I always travel with [Foreo](#). It's a face cleansing device (similar to [Clarisonic](#)) but they come in Travel sizes and are so easy to use and keep clean!

I also need my [Dermologica](#) face lotion which is lightweight and SPF50! Lastly, I always have a good mask with me, I tend to go back and forth between





charcoal and mud masks.

I'm the luckiest woman in the world to be married to Cody. He is incredibly smart, ambitious, handsome and has such a big heart. It's inspirational to get to work with him in ROH. I learn a lot from him, and I have a front row seat to this time, being the most successful of his career. In Wrestling, many times wives have to stay home and watch their spouses compete from afar. I'm grateful to be on the road with him and able to see some of his most important matches.

AM: *How do you take time for yourself?*

BR: Honestly... I watch the [Hallmark Channel](#) and [HGTV](#) and grab a glass of wine in my big moments of relaxation ha! I'll take a bubble bath if I'm feeling REALLY edgy :)

AM: *What do you wear when you go out for brunch, versus when you're running errands?*

BR: I definitely dress up for brunch! A sundress with jewelry and heels in always up my alley. For errands, however, most of the time I am dressed "gym fab" because I've either just come from the gym, or I'm on the way to the gym! Often time that's head to toe [Lululemon](#) or [Lorna Jane](#)!

AM: *What are your goals this year in wrestling, business, the site, family etc?*

BR: This year I'm hoping to chase the dream of becoming WOH Champion! I'm looking forward to taking the blog to new heights this year with some upcoming partnerships! There are a few exciting things underway so just keep your eyes and ears open for me!

AM: *What charities/philanthropies do you give your time to?*

BR: I've always had an interest anything that helps with cancer research. Over the past few years my family has known too many families that have lost kids to childhood cancer. I'm always passionate in that research and spreading the word about ways to help.

AM: *Anything else you'd like to share?*

BR: The best ways to connect and interact with me! Those are my social pages: @TheBrandiRhodes - [Twitter](#) and [IG](#) and of course [NotAnotherBasicB.com](#)! Aside from that I'd like to wish everyone an amazing 2018! It's going to be as great as we make it!









PG 20, 22 - THIS PG | JUICY
X JUICY COUTURE Wildcat
Fleece Logo Pullover | MIRA
RAE Mantra Shorts | GRACE
ELEYAE Mustard Slap | TRE-
TORN ANDRE 3000 NYLi-
teXAB | TOE SOX Thigh High
Leg Warmers | BEATS Head-
phones | ORA DELPHINE Bag
| GEM WATER Fitness | MAN-
DUKA Yoga Travel Mat |





PG 26, *THIS* PG + PG 27 |
NINA Ellaria Earrings |
MIA MARCELLE Reina
One Piece | STERLING
FOREVER Designer Sap-
phire Emerald Cut |
GRETCHEN CHRISTINE
Celeste Shoulder Bag |
VINTAGE FUR |



A woman with dark hair pulled back, wearing a beige lace halter-neck body romper, is sitting on a dark grey couch. She is looking towards the camera with a slight smile. She is wearing large, ornate silver earrings and bright pink lipstick. The background is a modern interior with a glass railing and a white wall.

**THIS PG, PG 30 + BACK
COVER | ROMPLY Rom-
perie BodyRomper |
NINA Ellaria Earrings |**





DANIEL
DAY-LEWIS

LESLEY
MANVILLE

VICKY
KRIEPS

PHANTOM THREAD

Written and Directed by
PAUL THOMAS ANDERSON

FOCUS FEATURES And ANNAPURNA PICTURES Present In Association With PERFECT WORLD PICTURES
A JOANNE SELLAR/GHOULARDI FILM Production DANIEL DAY-LEWIS "PHANTOM THREAD" LESLEY MANVILLE VICKY KRIEPS
Casting By CASSANDRA KILUKUNDIS Costume Designer MARK BRIDGES Edited By DYLAN TICHENOR ACE Production Designer MARK TILDESLEY



Strait



12 FLOZ



Natural Electrolytes
Clear & Refreshing

DRINK
maple.
PURE MAPLE WATER



One Ingredient
Right From The Tree



(355mL)

When You're A
#BossInHeels



In today's age, whether you work for yourself or are looking to climb the corporate ladder, there are so many things that you have to juggle in addition to being skilled at what you do. Having someone that can ensure that you're well rounded by providing confidence and direction are essential skill sets that may not come natural to you or need to be tweaked. We sat down with [Heather Monahan](#) to find out how she got into this business, how she empowers, an exciting partnership with [Perry Ellis'](#) line - [Rafaella](#) and how she juggles this in addition to being a single parent.

ATHLEISURE MAG: Tell us about your background and how you came to be a life coach and business expert.

HEATHER MONAHAN: Growing up poor, I had limited access to resources and mentors. Through sheer hard work, I muscled my way to the C-suite in media. What I realized once I got there was, it didn't have to be so difficult. Unfortunately, I had never had a female mentor along the way to help me and teach me the tips that I needed to advance so I took a much harder route. The more successful women that I encountered in business were cold and more concerned about holding women back instead of mentoring and advancing others. I realized that other women must be in the same situation that I was in. Once I realized this, I became dedicated to sharing my insight and offering the same mentoring that I provided for the people that worked for me and for others. This is how and why I launched my website initially and my social handles. Being qualified to be a business expert is a testament to my work experience and the various business segments that I have worked with or collaborated with over the years. In high school and college I, worked in the restaurant/bar business; after college I got into the Wine/retail business; and finally into radio. What I was able to accomplish in radio was gaining insight into other in-

dustries and helping them to drive revenue in their respective industries. This opportunity to partner with so many companies in different industries really allowed me to see the commonalities in business that were necessary for success in any vertical. I had never thought of myself as a life coach until [Elvis Duran](#) called me one on his show. The "life Coach" title came as a natural evolution from me advising businesses and then people on how to advance at work. The natural progression from advancing at work leads to how to advance in life in general and overcome adversity. This taps into my own personal life experience and is grounded in my transparency in my own struggles and fails.

AM: What does your job entail and how do you assist businesses and those who work within them to put their best foot forward?

HM: After 22 years in corporate America, I have finally taken the leap into entrepreneurship. My track record in business has attracted companies looking for my consultation on how to drive revenue, create positive culture and connect with and win better talent. As my schedule allows I also work one on one with those trying to identify their superpowers, find their voice, get promoted, launch a personal brand or otherwise. My primary goal is to share what I have learned over the past 43 years with those looking to advance or get ahead at work and in life. I recently finished my book on how to build confidence and leap frog the villains along the way. My hope is to empower others to sidestep the landmines that I walked straight into. My job entails identifying the right corporate partners for my brand to enable me to extend my reach and help more people achieve their dreams. I evaluate partnerships daily against my overarching strategy of empowering others to advance themselves. Everyday there is a larger amount of companies looking to

empower their employees and customers and impact change, creating an experience is the new way of doing business and this is what I am bringing to market.

Unfortunatley, I had never had a female mentor along the way to help me and teach me the tips that I needed to advance so I took a much harder route.

AM: Tell us about #BossInHeels, why you're focused on this and what its purpose is.

HM: “Boss in Heels” means a few things to me. When people hear the term “Boss” often times they think of a male stoic figure. To me, “Boss in Heels” is representative of being you and for me that means celebrating that I am a woman while still commanding respect and delivering results in the workplace. “Boss in Heels” is about treating employees, partners and clients well and having a vested interest in their success. “Boss in Heels” is a more modern way of leading. I focused on this initiative because for me what I saw in leadership roles were older men or cold, frigid women. I didn't see leaders that looked different, we're open and transparent and rocked their own vie with confidence. I was always my own person and by not following traditional guidelines I found my superpower. My purpose is to help others find their superpower and through that, make the world a better place.

AM: Right now, the culture of women

in the workplace, whether in film/TV, corporate ladders and even those that are entrepreneurs, are coming to light in the challenges that many of us have faced as we work in the space as well as advancing - how does this affect your work and guidance to women seeking your advice?

HM: It is amazing! I launched my initiative two years ago and now to see the world ready to receive and discuss these topics is overwhelming. Every day I wake up to some new opportunity and potential collaboration, this is a constant reminder to me that putting your best foot forward with good intent will always pay dividends. This timing has allowed me to have a much broader conversation that otherwise would have been limited to my social handles and my website. Media is not only open to the topic, they are looking for ways to address it daily. I am so appreciative to all of the women in the world that have started this movement and continue it daily. The outreach that I have received from various women has escalated over recent months. It truly is the domino effect where one story has allowed for the next, and now it is up to us to keep this momentum going to ensure we change the landscape moving forward.

AM: We know that you're partnering with Perry Ellis with their line, Rafaella - tell us about the line, partnership and what we can expect from this union?

HM: I am so excited to share this with you! Rafaella is all about fit, style and comfort which for me has been elusive most of my life. I will find brands I love that have fantastic style, but that don't fit in a way I feel comfortable or confident in. Much like a recent conference I had in NYC when I put on my new and stylish designer pantsuit only to have the seam rip before I left the hotel room. Comfort and fit are paramount! Rafaella shatters this story by bringing a form fitting, stylish line to



women to empower them to feel and look their best. With sizes ranging from 4-24. Rafaella has built their business on the belief that women feel their best when they are in clothes that fit them best. Most importantly, Rafaela finds a way to do this that doesn't break the bank and makes it possible for women to invest in themselves. Our partnership is focused on bringing to life the element of empowering women which is so deeply engrained in both of our brands. I am proud to have the opportunity to represent the line and create content on their behalf while speaking to women on the power of our own choices in fashion and otherwise. Helping to create an experience around this heritage brand and bringing this concept to life is one of

my most exciting opportunities for 2018. This is going to be an amazing partnership which I am hoping you will follow over the coming months because you will LOVE IT!

AM: *What do you feel are the biggest challenges or perceived obstacles that face women and what advice do you give to those that need a little push to take charge of their lives?*

HM: The biggest challenge or perceived obstacle any woman faces is herself. The advice that I give to those needing to take charge of their lives is to accept that truth that they are the ones creating their lives and are to blame or to applaud for the life they have created.

I understand that some will say that is harsh, but I have been there on food stamps in awful situations and I have worked my way out of them, then I have gone through divorce, then I have reached the highest level of success and been fired, I have some experience in this whole thing and in understanding standing the role I play in it all. At the end of the day we are the hero in our own story or we can be the villain that causes us to fail. We all have choices, they may not be easy choices, but they are our own and up to no one else. I suggest firing the negative people from your life, claiming responsibility for your life, stopping the blame game, picking your head up to see where it is you want to go and building a plan to get there. I suggest taking action each day to do something you are scared of and writing it down, what is the worst that can happen? In order to change you need to do something different, why not start today?

AM: *What philanthropies/charities do you give your time?*

HM: City Year has been my preferred charity since I have lived in Miami. I have also worked with various charities across Florida to help those in need including Children's Home Society among others.

AM: *As someone who works on so many projects and is a single parent, how do you take time for yourself and how important is this?*

HM: Getting divorced, while having been difficult, has forced me to make time for myself. When my son is with his father, I find myself free at night to go out and do things I want to do, which is fantastic. I now realize that making myself my number one priority is key to my success. When I was younger, I saw this as selfish, now I realize it is my job. If I am not happy and feeling healthy and excited, how am I going to lift those around me up? Today, I put

the oxygen mask on me first before I give it to everyone else. The airlines wouldn't stay in business if they were wrong.

Photos courtesy of Heather Mohahan



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AND
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When you're off to the gym, you generally are coming from one place to the next. We always carry a clutch with our must have items to use in addition to the amenities offered at whatever gym or studio we work out at.

| [URBAN DECAY COSMETICS](#) All Nighter Long Lasting Makeup Setting Spray | [YUNI BEAUTY](#) Shower Sheets | [SPHYNX](#) All-in-1 Travel Razor | [QUILT-ED KOALA](#) Custom Cosmetic Clutch |





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ATHLEISURE LIST: NYC

PAINTBOX

Nestled in Soho, [Paintbox](#) is the perfect destination for getting your nails done in a luxury setting. Known for an extensive menu of nail art (although you can also get your nails done without the art), this luxury salon focuses on manicures only and has a number of hues and combinations that you can select from to make your look your own.

Before setting up your appointment at Paintbox, we suggest visiting their website to see a number of nail designs and trends that they are focusing on at the moment. It helps to narrow down your options and to get an idea of what you think works for you. After check in, you're handed a book that shows a number of designs as well as those that are curated for the current month. They also have a nail menu that shares gel and lacquers that are available. If you don't see your shade, simply describe the hue that you're interested in or the polish brand that makes it and they have a diverse selection that you can choose from.

We always enjoy having a glass of bubbly while we wait and of course while we are having our nails done. The sleek and minimal nature of this location is calming and it makes it the perfect place for an event, a solo treatment or to bring a friend along. When your treatment has concluded, you also have the option to share your nails as you can Instagram them on the premises which is a fun touch.

Everytime we have had our nails done here, it's always fun to have the staff see what you selected as there is such pride in the art of nails here.

PAINTBOX

17 Crosby St.
NY, NY 10013

www.paint-box.com





ATHLEISURE LIST: LA

THE WALL

If you don't follow their [Instagram](#), we want to put [THE WALL](#) on your radar. THE WALL was created by celebrity trainer and group fitness guru [Jason Wimberly](#). After more than a decade in the fitness industry, and having taught at some of the top studios in the country like Soulcycle, Revolution Studio, and Equinox, the former professional ballet dancer decided it was time to create his own concept. Combining his experience of having taught over 6000 classes throughout his career, he created the 123STACK, which is THE WALL's signature workout.

The vision began in 2016, but in early 2017, THE WALL launched its first pop up location on Sunset Blvd in Hollywood. Designed as a space to introduce the curriculum and the brand, the pop up (take advantage of the \$18 introductory class prices) has been a great introduction, but will shut down end of February to focus on opening the new 5000 sq ft flagship studio located on Wilshire and Labrea. Opening date for the flagship studio is project-

ed to be April 2018.

The new flagship studio goes beyond what you would expect from most fitness studios. Designed by [De Spec Architecture](#) out of NYC with a focus on communal space outside of the designated workout areas, the studio will be a mecca for all things health and fitness, with two separate studios, one for weight training and one for cycling. A large lobby and retail area designed for connecting and unwinding - will feature athleisure brands [Sukishufu](#), [Vimmia](#), [Year of Ours](#), [Michi](#) and men's label [EYSOM](#), as well as THE WALL's own signature collection. Finished off by full service luxury locker rooms featuring a private label of bath products from [Gazelli UK](#). Clients will be invited to refuel and rehydrate at THE BAR, the studio's own juice bar and café. THE WALL will be partnering with brands like [Café Gratitude](#) and [Clover Juice](#) to create original menu items exclusively for the in house café. Add on free spin shoe rental, free filtered water stations, and free 90 min-





ute parking, and it's safe to say every detail has been planned meticulously by Wimberly and team.

Wimberly combined his experience of having taught over 6000 classes in his career, and dreamt up the 123STACK, which is THE WALL's signature workout. Comprised of 10 minutes of core activation, 20 minutes of high intensity circuit training, and 30 minutes of indoor cycling, the entire concept of THE WALL is to push you beyond whatever is holding you back, by physically and mentally pushing you to break through. All with a team of seasoned instructors that have expanded the offerings to include STACKED; a 45 minute rhythmic weight training class, full spin classes, and are in the process of launching a restorative recovery class to the schedule.

One of the things that sets THE WALL

apart from other fitness studios, is that all classes are done in rhythm and in unison. While most studios utilize stations or circuits in programming, clients often cycle through stations without any real sense of togetherness. Focusing on the power of the group, and building community, regardless of what weight you decide to lift or where you start, at THE WALL, everyone finishes together.

THE WALL POP UP

7503 W Sunset Blvd @ Gardner
LA, CA 90046

THE WALL FLAGSHIP

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www.thewallfitness.com



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THE ART OF THE SNACK





MACARONS

Throughout the years, there are a number of dessert trends that come and go. But we love that the macaron continues to be a fun treat that we enjoy tweeting and has a number of twists. We have selected some of our favorite ones that you should order for your next craving.

Red and Gold Macarons

COURTESY | [Rosie's Dessert Spot](#)





We think of macarons as sweet treats but they don't always have to be sweet - some can be savory or a mixture of the two such as these.

Citron Vert Caviar Macaron

COURTESY | [AACOOK](#)



We think that those in St. Louis are pretty lucky to have the Tippy Goat for macarons. Even if you don't live in the area, you can order from their extensive menu.

Assorted Macarons

COURTESY | [The Tippy Goat](#)





Basil is more than the perfect accent to your favorite pasta dish. It pairs well with icecream as well as this macaron recipe which mixes it with strawberries.

Strawberry and Basil Macarons

COURTESY | [Debug Cooking](#)





We've kicked off the new year and already, we're thinking about gifting our loved ones, from our significant others as well as others we have love for. As always, we have some ideas you should keep in mind as we think about Valentine's Day next month!

ATHLEISURE MAG

Valentine's Day Gift Guide 2018





for Her Ath Mag VDG 2018



We like to think of Valentine's Day as a prep for the Spring with items that you love or will fall in love with! Here's what we have on our list - now you can find ways to hint to your honey about what you want.

| [L'OCCITANE](#) Delicious Almond Body Collection | [TWO OF MOST](#) Semicircle Charm | [TOM FORD](#) Diane Sunglasses | [ANYA LUST](#) Jessica Cut Out Bandeau Swimsuit | [VIRGINS SAINTS AND ANGELS](#) San Benito Grande Ring | [ARDEN COVE](#) Anti-Theft Full Crossbody With Chain |









for Them Ath Mag VDG 2018



Enjoy the day or night together with items that both of you can enjoy! We have a few items that are perfect ways to include in your day of love (and beyond).

| [NEST FRAGRANCES](#) Japanese Black Currant
| [MOCHIDOKI](#) Mochi Ice Cream | [SEMPLI](#) Vaso
Sake Set | [SUGARFINA](#) Vodka is Always a Good
Idea Bento Box® | [MEISSEN](#) Sushi Set, Sushi de
Luxe | [TAIKUN](#) Japanese Shochu |





for Him Ath Mag HGG 2018

We've got a few things on our list for him that he can enjoy on Valentine's Day and the rest of the year - whether he's solo or you're living for #CoupleGoals - this is what you should get him.

| [PUBLIC SCHOOL](#) WNL Reflective Feather Snapback | [JOHN HARDY](#) Naga Charm Pendant with Silver Sheen Obsidian | [GUCCI](#) Le Marché Des Merveilles 38mm | [ADIDAS](#) NMD CS2 Primeknit Shoes | [MAISON MARGIELA](#) 'Atelier' Print Backpack | [UFC X REEBOK](#) UFC Fight Night Conor McGregor Champ Walkout Hoodie |





TRENDING

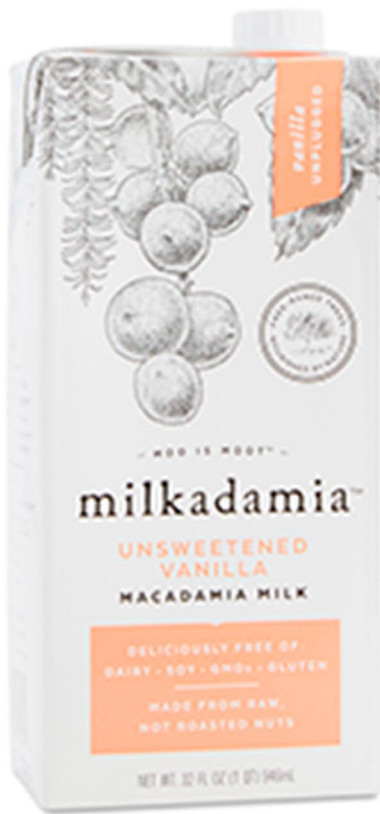
THE LATEST





Stay connected and follow us across our social channels on @AthleisureMag!





When you're working off site (whether there's no storage space), we have some items that we can help you flow moving!

| [MILKADAMIA](#) Unsweetened Vanilla Macadamia Milk | [Tone Lipstick](#) | [THE DAILY EDITED](#) Overnight Hydration Vitamin E Hand Cream | [PRIMAL KITCHEN](#) Dark Chocolate Bars, Coconut Cashew Bars and Macadamia Nut Bars | [White Marble](#) |

In Our
Working



that be out of your office, home office or co-work-
suggest that you take with you to keep the work

Macadamia Milk | [SMASHBOX](#) Be Legendary Triple
Night Bag | [PALMER'S](#) Coconut Oil Formula with Vi-
Dark Chocolate Almond Bars, Chocolate Hazelnut
Macadamia Sea Salts Bars | [DAY DESIGNER](#) Daily Planner

ur Bag
Off Site



Reach for the perfect snack



100% pure fruit
nothing else!™

all natural
no sugar added
gluten free



**crispy
fruit**
pineapple



100% Freeze-Dried Pineapple
Net Wt. 0.36 OZ (10g)





The light and airy healthy snack

Crispy Fruit by Crispy Green is **100% pure fruit**, nothing else. Healthy, convenient and delicious. Fresh fruit flavor that snacks like a chip. **55 calories or less per bag.**



crispygreen.com



facebook.com/crispygreen

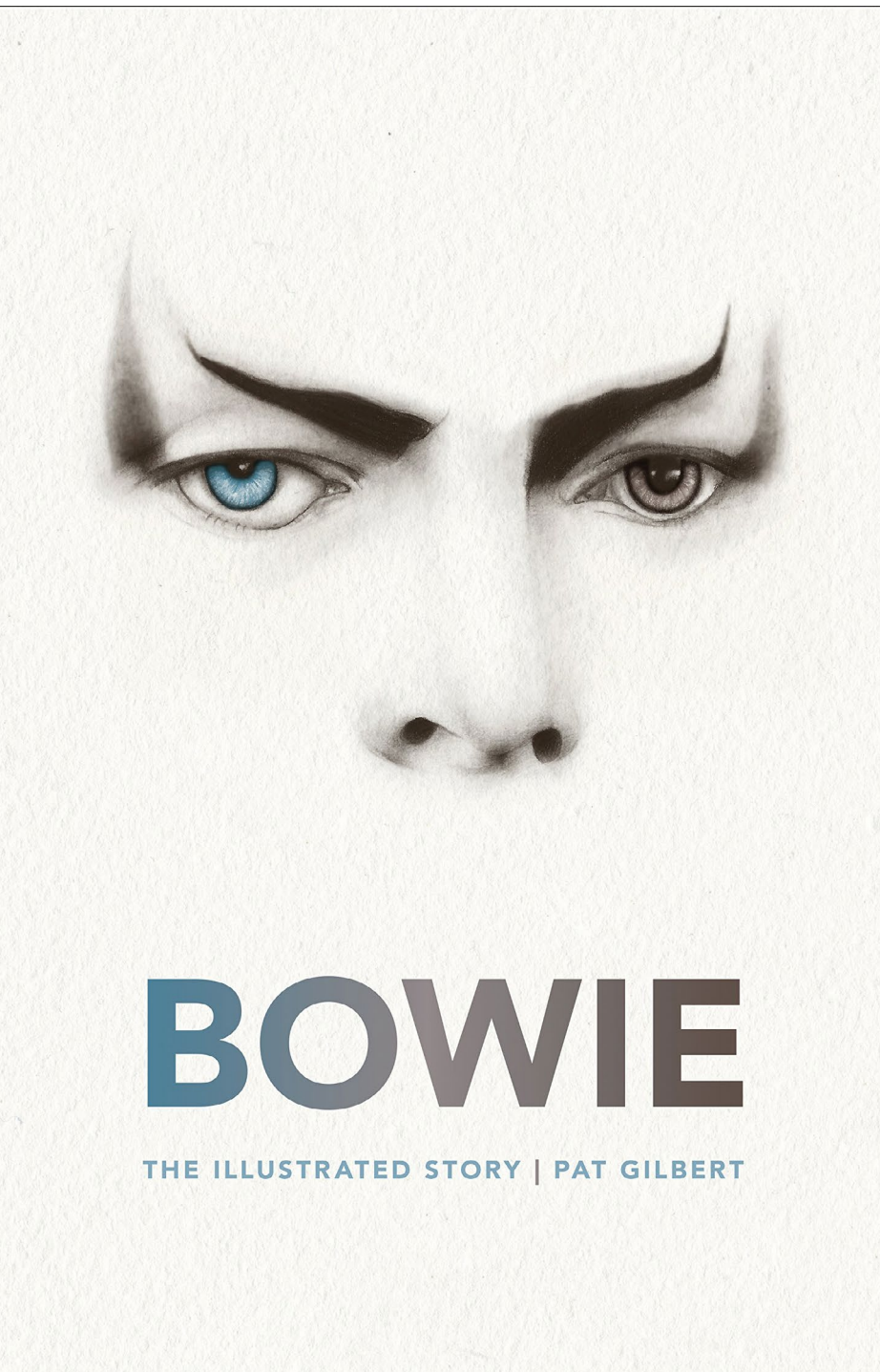


@crispygreensnacks



@crispygreen

BINGELY BOOKS



BOWIE: THE ILLUSTRATED STORY

Voyageur Press

Pat Gilbert

At the time of his death, David Bowie released 27 studio albums that began with

his debut record in 1967 to his final recording of *Blackstar*, which was released 2 days prior to his death in January 2016.

His innovative style secured him as one of the most influential musicians and performers over the last 5 decades. In his artistry, there were no limitations of stagecraft in rock music and he was free to continue to redefine himself as he wished.

This coffee table book illustrates his career from the folkie baroque rock of his debut, to his breakthrough single “Space Oddity,” and on to his flamboyant glam rock alter ego, Ziggy Stardust. Author Pat Gilbert continues through Bowie’s soul phase, his electronic Berlin trilogy, his massive pop success in the 1980s, and his turn to electronica in the 1990s, as well as subsequent tours, notable performances, collaborations, and accolades.

Readers are immersed in stunning concert and candid offstage photography, including gig posters, 7-inch picture sleeves, concert ticket stubs, and more. The result is a fitting tribute to one of the most influential and admired stars in rock history.

COOKING THAT COUNTS

Cooking Light

Lisa Karst

Cooking that **COUNTS**

1,200 to 1,500-Calorie Meal Plans
to Lose Weight **DELICIOUSLY**



By the Editors of *CookingLight*

Cooking that Counts has 150+ recipes that are calorie-controlled. The editors of *Cooking Light* have presented meals with whole, natural foods, teaches proper portion sizes as well as tips to ensure you lose weight and keep it off!

The meal plans provide some flexibility to enjoy desserts and alcohol while losing weight. The editors offer suggestions to create full meals that meet daily calorie goals, as well as provide simple serving suggestions for sides. In addition, you'll find options for cooking when you're tight on time, suggestions for healthy readymade foods, shopping guidance, and make-ahead tips.

FOOD SANITY

Basic Health Publishing Inc

Dr. David Friedman

Dr. David Friedman has spent his 25 years of his life as a holistic practitioner and health expert on syndicated TV and radio. He has interviewed hundreds of world renowned doctors and bestselling authors who focus on foods and

Jan 2018

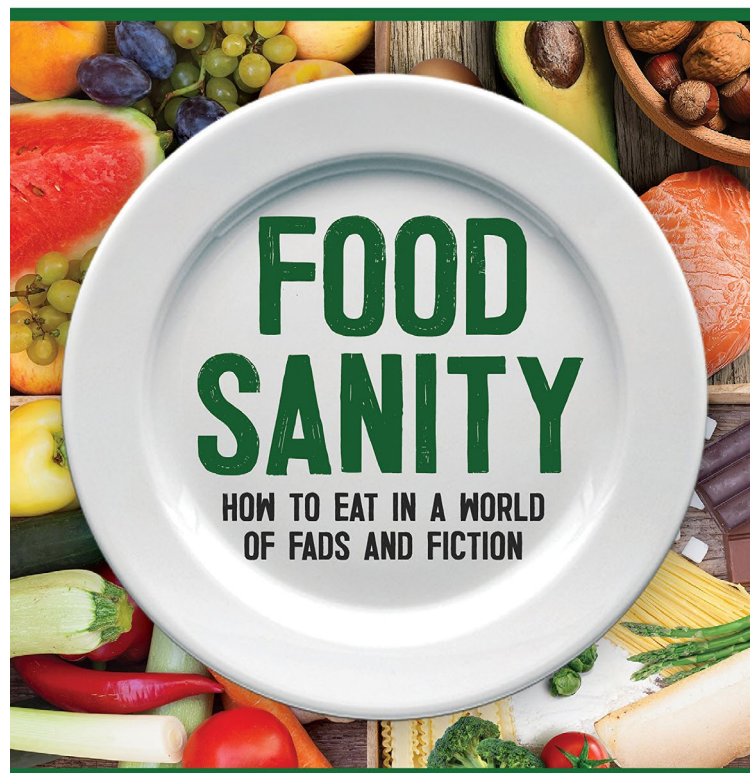
niche diets. These conversations have included those who have focused on Vegan, Paleo, Mediterranean Diet to a Gluten Free and Low Carb Diet.

Food Sanity is the result of his frustration with the conflicting research and opinions. This book explores all the fads, facts and fiction. Common science meets common sense as he answers the essential question: **WHAT THE HECK ARE WE SUPPOSED TO EAT?!!**

As you read this book, you will discover never-before-heard nutritional and dieting advice that will ensure that you're getting the maximum benefits from their food and dietary supplements. Food Sanity offers a definitive blueprint on how to eat in a nation with a number of culinary options within our grasp.

"With so much confusion and contradictions on what we should and shouldn't eat, Dr. Friedman sets the record straight!"

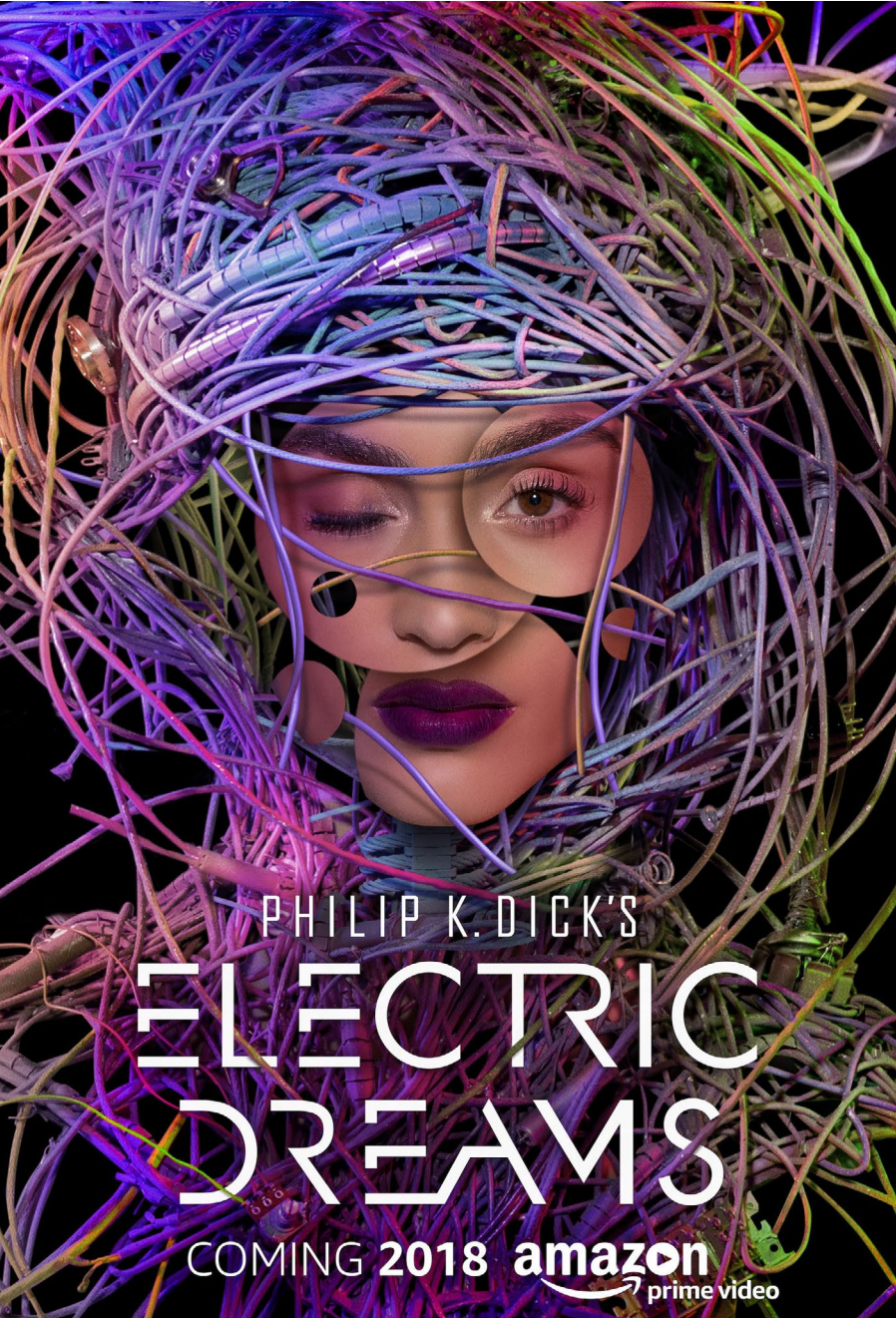
—Jack Canfield, *New York Times* bestselling author of the *Chicken Soup for the Soul*



DR. DAVID FRIEDMAN

FOREWORD BY HARVEY DIAMOND, AUTHOR OF *FIT FOR LIFE*

BINGELY STREAMING



ELECTRIC DREAMS

Amazon Prime Original Series

Philip K. Dick's *Electric Dreams* is available via Amazon Prime Video app. This show is based on 10 standalone episodes set in a different and unique world. Some exist in far away portions of the universe and others that are closer to home. The show

is on the importance of humanity that spans from 5 From to 5000 years in the future.

Philip K. Dick's *Electric Dreams* features an all-star cast, including Steve Buscemi (*Boardwalk Empire*), Bryan Cranston (*Breaking Bad*), Greg Kinnear (*Heaven is For Real*), Maura Tierney (*The Affair*), Janelle Monáe (*Moonlight*), Mireille Enos (*The Catch*), Anna Paquin (*True Blood*), Terrence Howard (*Empire*), Timothy Spall (*Mr. Turner*), Liam Cunningham (*Game of Thrones*), Richard Madden (*Game of Thrones*), Holliday Grainger (*The Finest Hours*), Mel Rodriguez (*Last Man on Earth*), Vera Farmiga (*Bates Motel*), Jack Reynor (*Macbeth*), Essie Davis (*The Babadook*), Benedict Wong (*Doctor Strange*), Geraldine Chaplin (*A Monster Calls*), Juno Temple (*Vinyl*) and David Lyons (*Revolution*), among many others.

MY NEXT GUEST NEEDS NO INTRODUCTION WITH DAVID LETTERMAN

Netflix

David Letterman returns to the interview chair in his new Netflix monthly talk show with notable global figures. His first guest, is former President Obama and upcoming guests include George Clooney, Malala Yousafzai, Tina Fey, Jay-Z and more. Each interview is an indepth conversation that peels back the layers of what the audience wants to know more about with David's signature style that makes each conversation seem like a casual chat.



GRACE AND FRANKIE

Netflix

And we're back with Season 4 of Grace and Frankie which shows the evolution of family, friendship and that age is nothing more than a number! If you have yet to watch this phenomenal show, you need to go back and binge the previous seasons to play a bit of catchup!

We left off with Grace and Frankie continuing to grow as friends from picking up the pieces after their husbands divorced them (and married one another) as well as going into business with one another. These frenemies have truly become friends who know how to patch up the bumps along the road.

The only constant is change and our favorite duo has a new bump in the road that they will have to figure out - a new friend (Lisa Kudrow) who could upset their cozy applecart. Of course, we'll still get to see their ex-hubby's, their kids and a cast of characters that keeps this show so fresh and relevant!





DISCOVER THE SOUL
of the MEDITERRANEAN

figenza

Mediterranean Fig Flavored Vodka

FIGENZA.COM



GOVERNORS BALL

MUSIC FESTIVAL

JUNE 1ST - 3RD 2018 · RANDALL'S ISLAND PARK · NEW YORK CITY

EMINEM · JACK WHITE
TRAVIS SCOTT · YEAH YEAH YEAHS
HALSEY · N.E.R.D. · [REDACTED] · KHALID

CHVRCHES · THE GASLIGHT ANTHEM (PERFORMING *THE '59 SOUND*)

POST MALONE · SILK CITY (DIPLO + MARK RONSON) · LIL UZI VERT
DAMIAN 'JR. GONG' MARLEY · CUT COPY · SYLVAN ESSO · GALANTIS

THE GLITCH MOB · MAGGIE ROGERS · DIRTY PROJECTORS · RUSS

MANCHESTER ORCHESTRA · 6LACK · DRAM · MARGO PRICE

2 CHAINZ · JAPANDROIDS · KELELA · VIC MENSA · THIRD EYE BLIND

TASH SULTANA · BROCKHAMPTON · AMINÉ · LANY

KALI UCHIS · ALVAYS · GOLDLINK · THE MENZINGERS

FLIGHT FACILITIES · WOLF ALICE · JAY ELECTRONICA · BELLY

MOSES SUMNEY · AURORA · THE STRUTS · QUINN XCII · BILLIE EILISH

MIDDLE KIDS · LOYLE CARNER · POND · TWO FEET · KNOX FORTUNE

SIR SLY · WESTSIDE GUNN & CONWAY · ALICE MERTON · A\$AP TWELVYY

BERHANA · CUCO · SLAVES (UK) · THE SPENCER LEE BAND

CONFIDENCE MAN · LOPHIILE · MIKKY EKKO · LOU THE HUMAN · THE REGRETTES



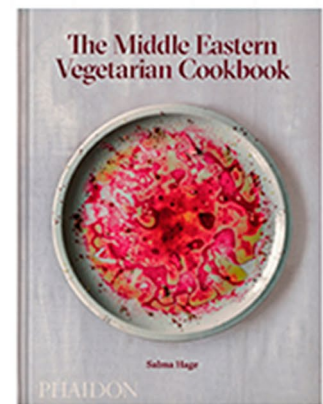
When we have a day or two off due to bad weather or simply opting to take some personal time - you have visions of staying in and planning a meal or a few dishes that you have always wanted to get around to.

| [PHAIDON PUBLISHING](#) The Middle Eastern Vegetarian Cookbook
| [WICKED CRISPS](#) Cheesy Cheese Pizza | [THE COMFORT SOCK](#) No Show Sock |



#TribeGoals

Recommended for your Tribe
to eat, work & play







Baobab Beauty

The Baobab Tree (known as the Tree of Life) is one of the most nourishing trees that holds gallons of water in its trunk and is beloved by elephants. The tree also produces Baobab Oil which appears in these products.

[MISSHA](#) Super Aqua Ultra Water Full Clear Cream | [EMMAUS](#) Softness Bliss Body Lotion | [FREE YOUR MANE](#) Baobab Brilliant Restorative Hair Oil |







GOLDENVOICE PRESENTS IN INDIO

COACHELLA

COACHELLA VALLEY MUSIC AND ARTS FESTIVAL

INDIO
CALIFORNIA



EMPIRE
POLO CLUB

The Weeknd

FRIDAY APRIL 13 & 20

SZA • Kygo • Jamiroquai • St. Vincent • the War on Drugs • Vince Staples
Soulwax • Jean-Michel Jarre • Daniel Caesar • Kali Uchis • Los Angeles Azules • Deorro
Maceo Plex • Alan Walker • the Neighbourhood • Alison Wonderland • Kelela • REZZ • Bleachers • Black Coffee
SuperDuperKyle • Justin Martin • Belly • TroyBoi • Dreams • Perfume Genius • PVRIS • Moses Sumney • LÉON • Greta Van Fleet
Tank and the Bangas • Cash Cash • Whethan • Skip Marley • Elohim • Detroit Love (Carl Craig, Kyle Hall, Moodymann) • Benjamin Clementine
Carpenter Brut • the Blaze • Knox Fortune • MHD • Slow Magic • Avalon Emerson • Fazerdaze • Moon Boots • HITO
Helado Negro • the Buttermilk • the Regrettes • Boogarins • the Marías • Señor Kino

SATURDAY APRIL 14 & 21

Beyoncé

HAIM • Tyler, the Creator • David Byrne • alt-J • Post Malone • Fleet Foxes
Chromee • Chic feat. Nile Rodgers • BØRNS • Louis the Child • Angel Olsen • Jungle • blackbear • MØ
Tash Sultana • BROCKHAMPTON • Marian Hill • Alina Baraz • First Aid Kit • Snakehips • Highly Suspect • Wizkid
Jorja Smith • Alvays • the Black Madonna • Tom Misch • Django Django • X Japan • Benjamin Booker • Flatbush Zombies
Ekali • Yaeji • Party Favor • Big Thief • Jason Bentley • Oh Sees • Sigrid • Busy P • the Bronx • AC Slater • Sudan Archives
Jackmaster • Otoboke Beaver • Chloe x Halle • Sir Sly • Hundred Waters • Pachanga Boys • Bedouin • Cherry Glazerr
Mild High Club • Priests • Ron Gallo • Declan McKenna • Bane's World • KITTENS

Eminem

SUNDAY APRIL 15 & 22

ODESZA • Portugal. the Man • Migos • A Perfect Circle • Cardi B • Miguel
King Krule • Illenium • Kamasi Washington • French Montana • 6LACK • Vance Joy • Russ • LANY
the Drums • Aminé • Jessie Ware • Jamie Jones • Kamaiyah • San Holo • FIDLAR • DeJ Loaf • Petit Biscuit • Ibeyi • LP
Motor City Drum Ensemble • Princess Nokia • AURORA • Noname • Jacob Banks • Chris Liebing • Jidenna • Hayley Kiyoko
Barclay Crenshaw • LION BABE • Giraffage • Talaboman • THEY. • Cuco • Joseph Capriati • Hannah Wants • Nothing But Thieves
John Maus • Kölsch • Japanese Breakfast • MAGIC GIANT • Omar-S • Michael Mayer • Westside Gunn + Conway
Buscabulla • Peggy Gou • Snail Mail • Rolling Blackouts Coastal Fever • B Boys • the Delirians

With large-scale art installations by

Do Lab • Robert Bose • Randy Polumbo • Edoardo Tresoldi • Simón Vega • New Substance



JUNK FOOD

CLOTHING CO



Around our offices, we've been fans of sake for years and we enjoy it beyond our sushi lunches and dinners. As we always have some on hand and have had a number of Sake in a Cups while we were in Tokyo, we wanted to know more about how this drink can be paired with a number of celebratory situations that you would typically do with wine or champagne. We chatted with [Timothy Sullivan](#), Sake Expert and an ambassador to [Hakkaisan](#) to find out more about this rice wine.

ATHLEISURE MAG: *Tell us how you became an expert on Sake and what is it about this particular category that sets it apart from spirits and wines.*

TIMOTHY SULLIVAN: I discovered premium sake about 12 years ago while having a sushi dinner in Manhattan. On a whim, I decided to splurge and order a high end sake to pair with the sushi. I was blown away with the pairing and fell in love with sake on the spot. I started a sake website a few months later, [UrbanSake.com](#), to record my experiences and misadventures learning my way around the sake world. From that point on, I studied and learned all that I could and tasted as much sake as possible to train my palate. In 2007, I had my first trip to Japan and visited my first sake brewery, and in 2010, I left my previous day job and began working full time in the sake industry. Sake education has become my passion and my career!

Sake is unique. It's complex production method is not used to make any other kind of alcohol. Premium Sake is gluten free, vegan, free of sulfites, and tannins and has a much lower acidity than wine. In addition, sake is much richer in amino acids than wine or beer, allowing "umami" flavors to come out in many sakes.

AM: *What is your role with Hakkaisan as an ambassador?*



SOMETHING YOU SHOULD KNOW SAKE



TS: My role as Brand Ambassador for Hakkaisan is to travel around the US and internationally and introduce not only Hakkaisan sake, but to teach about sake in general as many places as I can. To achieve this, I hold events for consumers such as sake tastings or pairing dinners, but I also work with restaurants and wine shops to do staff trainings. I work hard to clear up as many misconceptions about sake and I am so lucky to be able to meet with people all over the world and talk sake!

AM: *You do a number of Sake talks here in NYC - what is your purpose in doing them?*

TS: Yes, as a matter of fact, my next talk is coming up Feb 7th 2018 at the Japan Society. I'll be giving a lecture and slideshow about my recent experience of living and working for one year as a sake brewer at Hakkaisan in Niigata, Japan. I hold lectures as often as I can to get people interested in sake. As sake becomes more and more popular with the mainstream consumer, I feel that education is of vital importance.

AM: *Are the rules of pairing red and white wine with various meats and meals applicable to sake as well?*

TS: Sake is quite different from wine, so most of the rules you may have heard about wine pairing (red wine with meat etc) do not apply to sake. However, I have heard one rule for wine pairing that totally fits for sake as well. Matching the weight and intensity of the wine and dish is a good rule of thumb. The same general guideline goes for sake. If you are eating a dense and spicy Japanese curry, a light and silky daiginjo sake may not be the best bet. Reach for a more full bodied, rice-driven junmai sake instead. The body and weight will stand up to the curry much better!

That being said, it is an open secret in the sake world that sake is generally

much more forgiving than wine when it comes to food pairing. This is because of the lower acidity and comparatively milder flavors. I encourage my students to experiment when it comes to food and sake pairing. It's fun and you never know what you'll discover.

AM: *With Valentine's Day around the corner, many want an alternative to popping champagne - what is a great sparkling sake that should be considered?*

TS: The Japanese sake industry is upping their game when it comes to sparkling sake. Years ago, sparkling sake was not taken seriously and viewed as something very low alcohol, cotton candy sweet and marketed to women in frosted pink bottles. Times have changed and many really good sparkling sakes are coming onto the market. Hakkaisan also makes sparkling sake. In the US market now, we sell our [Hakkaisan Sparkling Nigori sake](#). This is a cloudy type of sparkling sake with a full 14% alcohol. It has a hint of sweetness up front, but overall has great balance and a bright acidity on the finish to cleanse the palate. This is the perfect champagne alternative for those who want to offer their guests something unique.

AM: *When friends are coming over what is the perfect sake to pair with a charcuterie and cheese platter?*

TS: When I hear "charcuterie and cheese platter" my mind immediately jumps to warm sake. Now, I am not talking about cheap, scalding hot, mass market sake you may have tried as a shot in college. I mean a gently warmed premium sake. When the serving temperature of some styles of high quality sake is slowly raised, the texture becomes a touch richer and the umami and savory characteristics in the sake really come forward. This is a magic pairing with the meaty flavors you can find in charcuterie and



八海山

原酒

純米(国産米)・醸造アルコール
アルコール分19度

八海山

原酒

生酒

720ml



the salty/creamy flavors of the best cheeses. I personally recommend [Hakkaisan Tokubetsu Honjozo](#) as a great example of a versatile type of premium sake that is great served either chilled or warm. When chilled, the Honjozo tastes dry and crisp, when warmed, it becomes richer and more savory. Try [warming your sakes](#) to around 115°F for maximum flavor.

AM: When you're bingeing on Netflix shows, what's the perfect sake to unwind with while enjoying solo?

TS: I have a special sake to recommend for this one. That fateful night back in 2005, when I ordered that premium sake at the sushi restaurant, the sake I tried was actually [Hakkaisan Junmai Ginjo](#). And 12 years later I represent the brand! I can honestly say this sake changed my life. Hakkaisan Junmai Ginjo is the perfect sake for sipping with Netflix. The taste is a textbook example of the regional style of Niigata, where Hakkaisan brewery is located. It is smooth, lightly dry and super clean with a crisp, refreshing finish.

This type of sake is easy drinking and does not tire out your palate. Some people describe the taste as being as crisp as a mountain stream, but I go one better - my nickname for this sake is "magic water". Pour it into a wine glass, start binge watching 'The Crown' and enjoy.

AM: *Sake is for more than just sushi - what would you suggest for Taco Tuesday?*

TS: I couldn't agree more! Sake pairs with so much more than sushi. Tacos can have some spice to them, so I love to recommend a bit of a bolder style sake to stand up to that. The type of sake we call "nama" fits the bill perfectly! Our [Shiboritate Nama Genshu](#) is an unpasteurized sake giving it a fresh and vibrant edge. This sake is also undiluted with water, so the ABV is a full 19%! This Nama Genshu sake is as close as you can get to drinking unprocessed sake right from right from our press. It's bold and rich while still being fresh and balanced. The perfect foil for Mexican fare!





N3WYU

Our second annual N3W YOU
vomite friends' thoughts on T
THE BUZZ that they're look



DU 2018

continues as we share our fa-
THE GOOD, THE ADD and
king forward to this year!



LATREAL MITCHELL

CELEBRITY

FITNESS TRAINER



E! REVENGE BODY

THE GOOD

2017 was a big year for me in my personal and professional life. Professionally [Revenge Body](#) got picked up for a season 2. This was exciting because I was able to touch the lives of individuals I would not have met if it wasn't for the show. I was also able to watch these individuals not just change physically, but the spiritual and mental growth is amazing to watch. Learning to take responsibility for all aspects of your life is a big deal and the 12 week journey these individuals go through is hard work and so worth it in the end. What made it so rewarding was it is real life changes. The transformations were made while people were engaged in their normal lives. Personally, I became a Vegan in 2017 which was a big deal for me. I eat healthy, but I wanted to challenge myself and take my eating habits to the next level. It was definitely challenging, but I learned a lot about healthy substitutes for eggs, cheese, etc. I was a pescatarian (eat fish only) before going vegan, so letting go of meat was not a big deal, letting go of eggs was. Now I eat a whole food plant based diet 90% of the time, but occasionally I will have a piece of fish. 2018, I want to take that 90% to 100%.

THE ADD

I have a non-profit foundation called [Fitnessbunch](#). The mission is to educate, and inspire kids to live a healthier lifestyle by getting active and eating healthier. I normally go to schools and

speaking and running summer programs and I was unable to do any of that in 2017. Next year my focus will be working with kids more, getting my kids fitness show picked up, and creating empowerment from the bottom up through children.

THE BUZZ

In 2018 keep an eye out for [my book](#). My book will inspire millions to live a healthier lifestyle and learn how to incorporate that into their daily life. I want people to learn how to live a “No Excuse” lifestyle and win!

PHOTO COURTESY | E! Entertainment





ANNALYNNE

MCCORD

ACTRESS

+

ACTIVIST

THE GOOD

I turned 30 in July which I am very happy about. I'm a real woman now, y'all (as I like to say). And... I was offered this show, [Let's Get Physical](#). I've always wanted to try out comedy.

THE ADD

I am the president of [Together1Heart](#) an organization which helps raise global awareness and fight human-trafficking in Cambodia. It was my hope in 2017 to reopen two of our centers which have unfortunately closed temporarily due to a funding crisis. I feel like 2018 is our year, and our new CEO Bill Livermore has provided a sense of renewed hope in this goal. This year will be a good one for our wonderful girls as we seek to further this cause.

THE BUZZ

The only thing I can talk about (at this time) is LGP! But I am looking forward to learning and growing with this role. As this was my first time doing a comedy, I'm not going to lie, I was very nervous. I had so much fun during the process I hope to continue to expand my horizons in this genre if my work is received well. :)

I'm so excited about this character and the show! Claudia Cross is co-owner and the mastermind behind the state-of-the-art gym, Cross Fitness. Romantically involved with Joe Force as a

teenager, Claudia's now partner, husband Barry Cross and her ex were, and will again, become major rivals as they go for the gold (or green) to win the National Aerobics Championships and the \$8 million dollar inheritance at stake, which Joe's father demanded his "loser son" earn or never have.

Throughout the show Claudia exudes her hidden ulterior motives most of which stem from her desire for money, power or both and she isn't afraid to cut her own husband out to achieve what she wants.

I think Claudia is selling herself short, however and in moments between, Joe and Claudia a remnant of her former, real and down-to-Earth self threaten to peek through her vain, self-absorbed exterior. Claudia may not be just a soulless mastermind, so much as a woman who as girl chose power over love.

I enjoy playing Claudia because she is a strong, fierce woman who made one or two life-trajectory altering choices; being in her shoes is to learn to balance the many masks and faces of Claudia Cross. For me, she seems, at times, to be a callback to a "girl I used to know." I sometimes think she's a bit like 30-year-old 'Naomi Clark.' On 9-oh Naomi always had her sights set on the delicious looking boys, but deep down she was a nerd-loving, career-driven girl who, too, sold her true self short at times.

PHOTO COURTESY | AnnaLynne McCord





ANDREW
FITZSIMON

CELEBRITY
HAIR STYLIST

THE GOOD

I joined Alterna Haircare in 2017, so I'm very proud to be part of this luxury brand that creates beautiful, safe-to-use products. I'm also really proud of the launch of the Trans Cosmetic Donation Program, it's always been my goal to incorporate philanthropy into my work.

THE ADD

I've been planning content for my YouTube channel for some time, so I'm really excited to bring that project to life this year.

THE BUZZ

Definitely stay tuned to my Instagram for news on the YouTube Channel. I'm also working on ways to expand the Trans Cosmetic Donation Program so we can reach and help more people. I've got a lot of projects I wish I could talk about, but I'll be sharing news on my Instagram as soon as I can!





JUSTIN
SYLVESTER
CO-HOST
E!'S "DAILY POP"

THE GOOD

I began as co-host of [E!'s "Daily Pop"](#) (the program delivers fun, insightful and relatable conversations centered around the biggest, most fascinating pop culture stories of the day - week-days at 12p ET/PT on E!) in May of 2017, and I'm excited to continue this new journey through 2018! I've dreamed about being a part of a show like this since I was a teenager, and the universe finally gave it to me. I'm also producing an upcoming TV pilot, "Broken Record," with Meghan Trainor and Danny Rose for ABC.

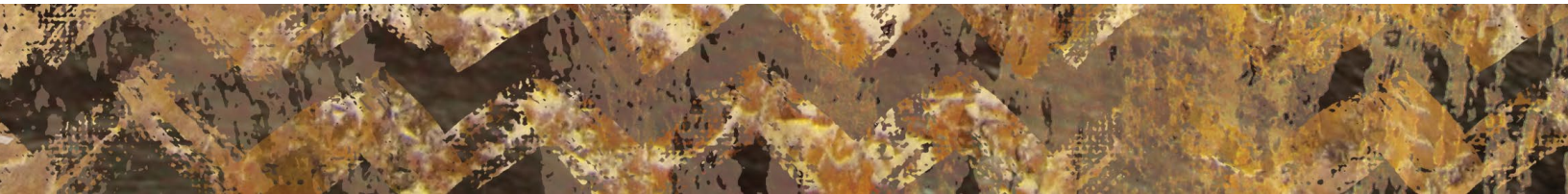
THE ADD

This year, I'd like to find a partner that understands and appreciates me. I've been single for TOO damn long! I feel like I've worked on myself, and I am centered emotionally and professionally. Now I am ready to share myself with someone else, but only with someone who deserves me! I'm not about wasting my time.

THE BUZZ

I am dying over [Dr. Perricone Hydro-gen water](#)! It's my secret to every thing -- Good skin, energy, hangovers... My 6:30am meetings!

PHOTOS COURTESY | E! Entertainment



When you think about the month of January, it's all about having that clean slate to really get into those activities that will take you to the next level personally, in your career, friends, family and your personal relationship with your significant other. It's about goal setting that we all do, regardless of who we are and what we do.

We sat down with one of our favorite power couples [Giulana](#) and [Bill](#) Rancic. We know them from their successful show together that gave us insight into their lives and how they manage running their businesses, their family etc. We know that Bill is an entrepreneur with a number of successful projects under his belt and of course Giuliana is synonymous with interviewing celebrities on and off the [red carpet for E!](#). Together they are raising their son Duke, involved in an array of businesses that include lifestyle oriented ventures of food, beverage, apparel and more within their portfolio. But just like us, they are looking to optimize their life making key foundational decisions that start with their resolutions, accountability and of course, adding a bit of glamour in all that they do!

ATHLEISURE MAG: How important is it to make resolutions?

BILL RANCIC: I think it's very important. It's a way to create a roadmap for what you want in life and where you want that year to take you. If you want to get to the desired destination, you're never going to get to where you want to and what you want to achieve in 12 months without it.

GIULIANA RANCIC: Bill's all about the roadmap. And I love that about him. We always say that his .99 solution is a legal pad. He always says that the solution to where you want to be is only .99.

BR: Well it's not real until you write it down.



It's All About
with Bill + G



ut Resolution
Giuliana Rancic



GR: Well you know, what we love to do is the family resolution – it's the new resolution. The individual resolutions get broken early as there is a study that says it's broken by the second week of Feb! But the family resolutions are those that can be written down together and you can help and support one another in terms of sticking to them.

BR: Well that's what we do so if we're kind of getting off the path, she pulls me up and if she is, I pull her up. Pretty soon, our son will be able to pull us up, one by each hand!

GR: That's why you want to set family resolutions.

AM: Tell us about how your family, resolutions and your partnership with [Marshalls](#) will allow people to set and keep them as we continue through 2018?

GR: We're really big fans of Marshall's. You should see me walking through here – I mean everything I'm wearing right now is from here – my shoes too! I love their clothes as they have a lot of high end products, designer labels at affordable prices, wellness and they're really focused on family. I don't know if people really realize how family oriented it is. Everything you need for your family is there. Some store you go to, they have women's shoes and men's, but nothing for kids. For us, one of our family resolutions is to carve out a game night. So



we do dinner as a family obviously, but what we want to do is to make a dinner and start it from scratch and then play a game. We're able to do that as we can come here and get our games (I mean I'm talking to you and they're right there) and then we can get our cooking items here – they have wonderful olive oils, pots and pans. In terms of home they have you covered and they're very into wellness. They have activewear, foam rollers, fitness gear, even little kid weights.

BR: Our son loves working out with those!

AM: *Is Duke a little yogi in training?*

GR: No he likes lifting weights!

BR: He loves pumping iron haha. You know that apparatus where you strap yourself in and then go up? He wanted to go in there and do it.

GR: They did it together.

BR: Yes I helped him haha!

GR: In our home gym we have the foam rollers, mats, weights, and things we use at home. He can use them with us as obviously we don't take him to the gym with us. It's fun and he likes to roll on the foam roller and he stretches with daddy on the mat.

I buy all my soaps from here, candles, picture frames and I did a lot of them for Christmas as gifts. It's really a family destination.

AM: *What are your resolutions that you are making?*

BR: First and foremost, Giuliana and I are going to do dinner at home one night a week with no cell phones allowed. Cook together with our son cooking and having that game night. Making it healthy and that's the big one – we want to improve the quality of our time together.

GR: Do you know what's nice about doing it together as a family and having a child involved? The resolution really starts to teach you more than just a resolution, it's also about keeping it and having that conversation when there are set backs. If we miss a week because of a vacation, we know it's ok because we can recover and come back from that. These are qualities that he can add into his life.

AM: *How can other people adopt this and make themselves accountable?*

BR: Well, once again, you have to write it down as it's not real until you do that! It needs to be in places that you see it.

For us, I put it on the mirror of the bathroom. So every morning when you're brushing your teeth, it's a constant reminder of what you want to do.

GR: Obviously it's also about having the right products. If one of your resolutions is that you feel like you don't print out enough pictures (I was actually thinking about this the other day), I was like, "Bill can we add another thing to the resolution?" We all have a million pictures on our phones and maybe our computers, but do we print any of these out? Where will they end up one day? You want your family and friends to be able to one day open up a book and see these pictures and not have to go looking for your old phones to get them! SO I wanted to make this a resolution to begin printing them out. So every month, I will go online and print a bundle of them out to create photo

albums and journaling. So buying a few albums, picture frames, the journal etc – if you buy these items you'll more likely to follow through. It serves as a great reminder.

AM: *We're in the thick of Awards Season and you looked amazing as you always do – what are you looking forward to?*

GR: You know, I love glamour. The red carpet is the time to be glamorous and to wow us! You have to do something different. Red carpets have been around for some time now and have been popular for the past couple of decades at least. So you've seen a lot of styles and silhouettes.

AM: *Absolutely right now, our Style Director is focused on the Grammys as she's styling a few clients for it.*

GR: Yes, so you know how it is! I was just trying on my dress for the [Grammys](#) the other day and I was like, I want to do something different – should I try a high boot? I never really do that with an evening gown but why not, because it's about breaking the rules a little bit and changing it up. It's ok that you're not "Best Dressed". I always say that the true fashionista is on the Best Dressed List and The Worst Dressed List as she's taking chances and not just being safe.

So for me at the [Golden Globes](#), for instance, it wasn't a traditional hairstyle and I was like, "let's do a knotted pony tail". It was just fun. I do 6 big red carpets a year and I've done that for 15 years – you do the math, but my point is, I have done a lot of hairstyles to change it up. So resolution, I said I'm going to do something different at each one that is a departure – so I'm hoping to see that also translating to those walking the carpets this season.

BR: It gets you out of your comfort zone and I'm putting it on the list.

AM: *So how is it living in Chicago?*



BR: I'm from Chicago and I love raising our son there and having four seasons. And the people – it's something about the Midwest, it's hard to articulate it. When they see someone that is lost, you stop and say, "hey can help you get to where you're going?" It's pretty cool and people have great work ethics. The winters there are great character builders. It's a great character builder for mommy!

But I think that Chicago is one of the greatest cities in the world. We have world class museums, the lake front is spectacular and we live across the street from one of the greatest beaches that you could ask for – 6 months a year and then food! We own a handful of restaurants there.

AM: *When are we getting an [RPM](#) in NYC?*

BR: Hopefully soon!

GR: We're looking at our next one and we have an announcement coming up soon. But we're looking at NY, LA, Dallas, Nashville and a few other cities. I'm not from Chicago and am from the East Coast – from Maryland. Even I have embraced Chicago whole heartedly, and for our son it was just a deal Bill and I made. We have been married for 10 years, together almost 12 – that was our deal from day one before we got engaged. We wanted to raise our son in Chicago and it's been great.

The other day at school, our son was asked what Mommy's job was and he said, "she's a singer." I was like thank you – he has no idea that I am a TV host and a reporter. He just knows that I love to sing and we sing together at home, we have a karaoke machine and microphones. So he doesn't think that Mommy is on TV interviewing celebrities – he just thinks that I sing. He says, "we sing together and we have a band." It's really cute.

AM: *What other projects are you working on that you can share?*

BR: We just launched Giuliana Prosecco with our partners Terlato Wines (a luxury wine importer with over 80 global

brands). Most importantly trying to be a great dad!

GR: Yes he's a great husband and a great dad – great friend. We have so much fun together. It's so important as time is so precious. Bill always says that you have to reverse engineer your life. Start at the end and work your way back. What will you say that you wish you had done more of versus what you would have done less of. You will never say that you wish that you had less time with your family or your kids. You'll probably never say that you wished that you spent more time at the office for work. We're really trying to use the past couple of the years and those coming to have a great family foundation and to nurture that.

We're working on a couple of other things we have the wine, restaurant and I have my clothing line on HSN.

BR: We have a project we're launching together as well – soon.

I always say that the true fashionista is on the Best Dressed List and the Worst Dressed List as she's taking chances and not just being safe.

We'll have our eye on Giuliana throughout Awards Season as she reports Live from the Red Carpet on E! to see the array of looks for each show and how Giuliana continues to change it up on the carpet as well.

PHOTO COURTESY | PG 108 + 112 Court-est of E!, PG 110 Photo by Stuart Ramson/Invision for Marshalls/AP Images

MISSION TO LOVE WITH

Susan Trombetti

When one holiday ends, we move onto the next one and during this time of year, Valentine's Day creates a mixture of emotions from romance, inspiration, anxiety and apprehension. There are those looking for love and others who are in it, but are assessing where they are in their journey.

When we realized that we had the opportunity to talk with Susan Trombetti, [Matchmaker](#) and CEO of [Exclusive-matchmaking.net](#) - we wanted to ask all the questions that we had about her job in finding love for others, assessing our relationships, as well as tips regarding Valentine's Day. Of course, you'll want to use this information beyond the day of love!

ATHLEISURE MAG: Tell us about your background and how you became a matchmaker?

SUSAN TROMBETTI: I owned a skip tracing and asset investigation company. During my time doing investigations, I worked with banks mostly liquidating fraudulent portfolios. One of my specialties is my background in pursuing people that commit identity fraud. Since I have the same skill set as a private investigator, individuals would ask for little favors even though I didn't do domestic types of assignments. A little old lady came to me and asked me to find her long lost love from the war when they were together as lovers in Paris over 50 years before. I found him that night and re-connected them. The man had never

married after all those years. He said "there has never been anyone else". When the economy slowed down, good people couldn't get loans, much less fraudulent people. I had time to think what I wanted to do and not just go through the motions of the investigation business. I decided to become a matchmaker and bring my skills set to the table to do backgrounds on the matches. It comes in handy when you can figure out if someone is lying about their age or marital status. I deal with very wealthy people and they can hire me just to vet the person before they let them in their social circle. I am a matchmaker and relationship investigator.

AM: What is a matchmaker and what role do you have in connecting people to come together to find their match and eventually love?

ST: Matchmakers are headhunters for love. I recruit at a very high level to find someone they match with for their particular needs. I help them get clear on the difference between what they need and want, how to break bad dating habits and patterns that are holding them back, and teach them how to connect. The back story to what I do is important to ensuring that the match flourishes into a lasting relationship.

AM: Are there any celebs that you can share that you have worked with?

ST: I have worked with several, but they are confidential. One I hit on the



first introduction and they had a baby by the time they were together a year. They just ran off into the sunset. It was amazing.

AM: *What is the process like in taking on someone who is looking for love - what kinds of questions do you ask to see if they are match to work with you as well as whether they are truly open for the process?*

ST: I ask them what they are looking for to see if it's superficial. There are only a few criteria I will work with and the rest is just being too picky. I ask about the former relationships to see if I can identify patterns or problems that are holding them back from finding love. I look to make sure they are commitment minded and truthful.

AM: *For those not using a matchmaker, what can they keep in mind when they are prepared to get back out there?*

ST: Realize you aren't perfect. Things have changed. Don't settle for the first person you meet and go exclusive before 90 days. Just wait. You could save yourself so much heart ache and wear and tear on your emotions.

AM: *Finding love is really about being comfortable in being vulnerable with someone due to established trust - what advice or checklist do you have that we can keep in mind (even for those that are in a relationship and need to make sure it's in a good place)?*

ST: That's really a good point. Remove the walls and try to be a little more open, have a little more fun, and invest more time than a cup of coffee when meeting someone. Realize that what you generally think of as chemistry is just lust. Give chemistry time to develop.

AM: *Sometimes the adage of, "if it's too good to be true, it probably is" does take place. How can we be on the lookout for someone who seems good on paper, but has red flags that pop up that we need to be aware of?*

ST: By trusting your gut when you meet the wrong person and not continuing if you feel there are red flags. Also, realize what is truly necessary in a relationship and base what you are looking for on that and not where they went to school or their job.

AM: *As a matchmaker, it appears that your role is on the front end of obtaining a relationship; however, with your clients - how involved do you stay in the process as it progresses?*

ST: Completely involved. They need to think of me like their best friend or we will get nowhere fast. If we don't match, I probably can't match you be-



cause I need to understand you in order to spot your match.

AM: *To find the partner that is your best fit, is there a mental checklist that we should use or refer to whether we are looking or believe that we have found that person?*

ST: You need to not have a checklist at all. Toss your list. Chances are it's holding you back. Prepare yourself to observe over time how someone treats you, loves you, and that their actions meet up with their words.

AM: *Why do people cheat and can you break down common reasons for men vs women?*

ST: People cheat for a number of reasons. Women tend to cheat when they feel they aren't appreciated and some times men cheat when they don't feel valued by the woman. They look for

validation elsewhere. Women may even cheat more than men at this point. People cheat to stroke their egos, they cheat because they don't want to end the relationship they are in, they cheat because they are serial cheaters, and they cheat because of opportunity. They also cheat when it's just a one time mistake. There are people that are cheating emotionally and that's worse a lot of time.

AM: *Sometimes matches don't work even when it seems like it should. Have you had clients that were in a long term relationship (whether they simply lived together or married) that you matched that you were involved in transitioning them to the next relationship? Is there an assessment that is made in terms of realigning their goals to prepare them for the next one and what are tips that you provide that those reading can use in their take away to finding their partner?*



AM: *How can you ensure that you and your partner are connected especially those that are power couples?*

ST: By devoting time to each other and TLC no matter what. Those little couple rituals go a long way and act as glue to hold the relationship together.

AM: *As a matchmaker, what is the significance of Valentine's Day and how can we infuse it into everyday with our loved ones?*

ST: Valentine's Day is a fun, romantic day. It isn't the end all be all. You celebrate your love all year, but on this one day, it's a time to stop and have a little romance and flirtation whether you are in a relationship or not. Just have fun! Flirt with your partner if you have one; flirt with the doorman if you don't.

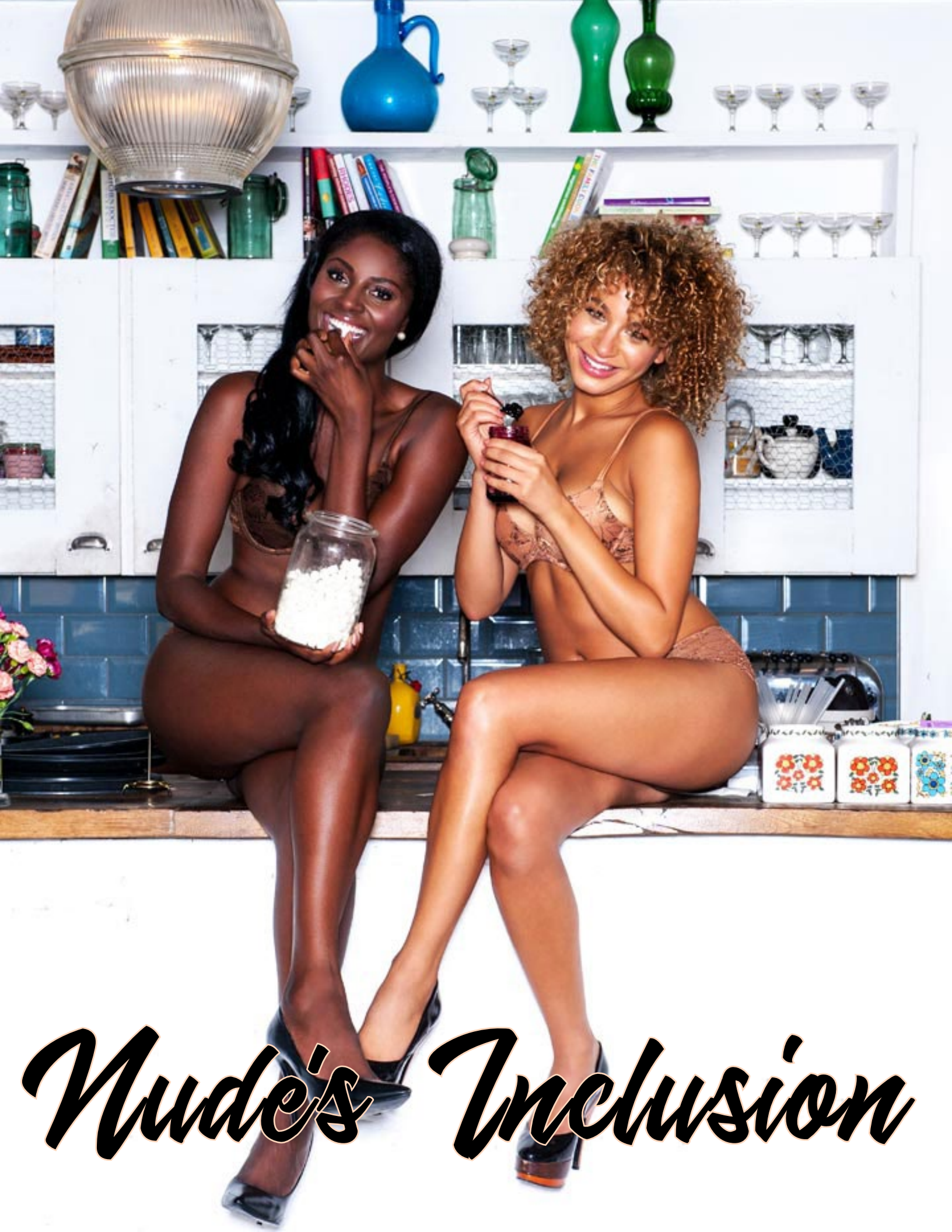
AM: *As someone who loves love - can you share places in NYC that are great sources of feelings of love whether they are restaurants, bars, parks etc?*

ST: I think the Boat house is Central Park and Tavern on the Green are great spots, but also there are just so many. The top of the Empire State Building can be so romantic if you believe the hype behind An Affair to Remember. I can't say I have only one favorite romantic spot, but these are some of my favorites. Walking through the city staring at the tree at Xmas and skating is so romantic. I think just driving into the city at night looking at all the buildings lit up and seeing the Statue of Liberty is magical.

ST: No I haven't had that happen. I think in general if you break up and there are no fatal flaws, you should find away to stay together and work it out in the absence of fatal flaws if you both want to do so. You are only going to meet someone else and there are always challenges to work through. Are you better with the one you are with, or better without them? Do they respect you, do they love you, and will they put forth the effort to reconnect? Stick it out; however, it doesn't take 2 people as we have been told to make a relationship go wrong. It only takes one that wants out. You can't do anything when one person wants out. When moving on to the next person if you must, make sure you are emotionally over the ex. Most people ruin a lot of their potential relationships out there when moving on too fast. Everyone is hung up on someone whether it's real or in your head. Clear that out first.







Nude's Inclusion

A few decades ago, when people talked about getting basic undergarments, you knew that you had to have black, white and nude. But the concept of nude was relative as a number of people with brown skin tones were unable to find a color that matched. Just like beauty brands have begun to conquer what nude means across the color spectrum, this same movement has taken place in footwear as well as lingerie.

We remember a few years ago when we first heard about [Nubian Skin](#) - a line that began as lingerie that included shades that matched brown skintones and was represented by models that also reflect the consumer who buys the line.

After fangirling from afar, we caught up with Nubian Skin's founder, Ade Hassan about the process behind launching this line, how she grew the assortment, being honored by His Royal Highness Prince William with the Member of the Most Excellent Order of the British Empire and how she takes time for herself while growing her business.

ATHLEISURE MAG: Prior to creating Nubian Skin, can you tell us about your background?

ADE HASSAN: My background isn't actually in fashion at all. I was working in finance, which had been my career and when I had taken a break from finance, I did consulting for a year. However, while I was consulting in 2011, I had the idea for Nubian Skin and that was the first spark. I didn't actively start working on the company until May 2013. When I came up with the idea I knew I needed to change jobs and save money, so I went back into finance and it was in the midst of this, that I actively registered the company and really started on getting it from an idea to an actual business.

AM: What led you to create Nubian Skin?

AH: I came up with the idea in 2011, and I had told a friend about the idea. Later that year, she sent me a birthday card that

said, 'it's time to start living the life you've always imagined,' I immediately registered the business.

AM: What were the initial items in Nubian Skin, how has that changed to the current assortment, and what are new items that you can share with us that will be available this spring?

AH: We started out with our hosiery, essential and lace collections, and we have since added more sizes, a curve hosiery collection, our Africa-inspired collection, Moroccan Nights, a collection of nude shoes including heels and flats, we also did a collaboration with another designer, d.bleu.dazzled, and more recently, we launched our Naked Collection, a new range of intimates in nude tones! We have some exciting things in the pipeline, soon we will be launching our fuller-bust bras, and after that, we have a few exciting ideas up our sleeves, so watch this space!

AM: In addition to having an online presence, what boutiques is the brand available in?

AH: Our products are available at a range of boutiques, including Nubian Human in DC, BraTenders in Manhattan, Suzette Hosiery in Yonkers and Busted Bra Shop in Detroit. We also have stockists in the UK, Nigeria, Portugal and the French Caribbean. Check out the stockists page on our website for the full list!

AM: What celebrities have worn the brand and who would you like to see wear it?

AH: Beyoncé and her dancers wore it for the Formation Tour! We've also seen it on Octavia Spencer, Janelle Monáe and Taraji P Henson in Hidden Figures, Jordan Dunn, Leomie Anderson & Jackie Aina to name a few. We'd absolutely love to see Rihanna in Nubian Skin!

AM: In addition to having a necessary range of lingerie, we love the models

that represent the brand as they are diverse in hues as well as body types - how important was having this representation?

AH: It was really important because I wanted women to be able to look at the campaign and see somebody who looked like them, or their mother, or sister. Representation is important, it can be a really empowering thing.

AM: You received the MBE from Prince William last year. What is this, why is it awarded, what it was like to receive it?

AH: An MBE is 'Member of the Most Excellent Order of the British Empire', and the list recognises achievements and contributions of a wide range of extraordinary people across the UK. My award was for fashion, in recognition of my mission to redefine nude through Nubian Skin, and the impact it has consequently made on the industry. It was such an incredible and humbling experience!

AM: You closed out the year being honored in LA at the Ebony Power 100 as an entrepreneur in 2017 - who were your favorite people that you met in the room and what did this acknowledgment mean to you?

AH: By far, the highlight had to be meeting Maxine Waters...she is just an incredible person and takes no nonsense. I was really surprised to get the letter that I was to be on the list. It's an amazing thing to be honoured, because I have so much respect for the publication and the history behind it. Being named with such an amazing group of entrepreneurs was incredibly inspiring to me.

AM: In addition to your brand's IG page, your personal page really shares what it's like as you continue to build your company from new additions to your line, the life of an entrepreneur - acknowledgments that you have received and more. How important is it for you to share these details and mentor those digitally?

AH: Thank you! I'd never thought of it as digitally mentoring before, as I'm not that

great or consistent on my personal page, but it is nice to engage with people and know that there are those who are supporting what I do and care about it. I think it is important for people to see that hard work and grit can go a long way, and though there are definite highs, there's a lot of elbow grease that goes into living your dream.

... I wanted women to be able to look at the campaign and see somebody who looked like them, or their mother, or sister. Representation is important, it can be a really empowering thing.





AM: *You're a busy woman who is always traveling - when you're back home in London where is your favorite place to shop, where do you enjoy eating and where do you grab a cocktail? Do you have another city that you frequently visit that you enjoy shopping, eating and grabbing a drink?*

AH: I love being home in my flat!! Haha, London is so diverse, I can't really pick a favourite because there are so many amazing places to choose from, BUT I am very partial to afternoon tea. Two cities I can't get enough of are Lagos, it's so vibrant and a lot of fun, and Paris...Paris is always a good idea.

AM: *How do you take time for yourself in the midst of your busy career?*

AH: It can be difficult to find a balance, but I'm getting better at it. This year, I'm trying to focus on really enjoying all parts of the journey, so if I'm travelling

for work, I'm making sure to seek out some time for myself and do something enjoyable. I was speaking to a couple of fellow entrepreneur friends the other week about how taking time for yourself takes discipline. So, I make sure I'm spending quality time with loved ones and taking care of my health by exercising.

AM: *What philanthropy or charity(ies) do you support?*

AH: I volunteer, and I donate on a monthly basis to my SOAS, where I did my masters, to their education fund. The UK raised tuition fees pretty dramatically several years ago, and I wanted to do a little bit to make sure that students who couldn't afford it will still get the opportunity to attend such a great institution.



**SUMMER
BODIES ARE
MADE IN THE
WINTER**

Last month we introduced our readers to Dr. Greuner, a cardiovascular surgeon who has a passion for fitness. The response was so great, we thought that he should have a column to share various elements of fitness to get to where we want to be. This month we're focused on kickstarting our workouts and are taking our lead from Dr. G!

ATHLEISURE MAG: With the notion of summer bodies being made in the winter, what should a work out week look like for men vs women to get great arms, legs, abs and butts?

DR. GREUNER: I've always stressed that there are two separate components to the look most of us want to achieve, and they should be targeted in two different ways. For toning and shaping, strength exercises are crucial. To put that hard earned, toned, and shapely muscle front and center for the summer's revealing ensembles, diet is absolutely crucial to lose any fat that might overshadow what lies beneath. To lose the weight, simple arithmetic is all it takes. You must eat less calories than you burn. A simple BMR calculator, or devices such as a Fit Bit are crucial to estimating what you burn daily, and I use these routinely. The mistake we see sabotaging diets most often, however, is an underestimation of the caloric count of foods. Things like sauces, dressings, and alcohol can foil an otherwise valiant effort at weight loss, and that is why I recommend on diet days, that you prep your own meals, so you have a firm grip on it.

When it comes to shaping, compound movements are not just the most efficacious in building muscle, but also in terms of improving function. For arms, dumbbell or barbell bicep curls are one of my favorites. Simple to perform, and work very well. I typically do 6 sets of 10, or to failure with strict form. For triceps, my faithful move is the French press, 6 sets of 10. It's an easy exercise to do well, and form fails minimally with fatiguing muscles.

For legs, NOTHING beats the old-fashioned squat. 4 sets of 10. I typically follow that with 4 sets of weighted lunges 10 reps, each side. Trust me, simple but effective. This works well for your butt, as it is a direct extension functionally of your legs.

For abs, I work this muscle group 2-3 times a week, as opposed to most others once weekly. This is because your abs have a higher percentage of fast twitch, or endurance fibers, and recover quickly, but typically don't require as much training as the other muscle groups at each session. They are constantly under tension stabilizing your body. For advanced athletes, I recommend 6 sets of hanging leg raises, 10 reps, but this is a very difficult move to do correctly. For those of you that are newer to this, I typically recommend 4 sets of incline leg raises, followed by 4 sets of crunches, each for 10 reps. Simple and strict is the key to isolating these muscle groups.

Remember, If it isn't uncomfortable, you aren't stimulating the muscle to change. Get out of your comfort zone, you will thank me for it later.

AM For those that may have slipped into not working out during the holiday season, how can they get back into putting this into their routine?

DR G: The easiest solution is to grab a partner. That is a quick way to ensure that you have an obligation to meet your schedule, or hear about it later. Other incentives include signing up for work incentives, or competing with fellow employees if your job has a plan. In my company, we use Fitness Amigo, and award rewards to those that "win" their fitness goals.

Lastly, make a mental, or physical picture of what you want to obtain, and make sure you see it constantly to drive you. Other options include, entering a competition that mandates you get in shape, or a self-awarded reward once



you hit your goal.

My workouts change from mostly outdoor in the summer to mostly indoor in the winter. I take part in activities such as martial arts and group classes. I'll present some of my favorites in a future article, but some classes that provide a competitive environment, such as Flywheel that allows you to compete with you classmates, is always an impetus for me to push harder.

AM: *For those who like working out outdoors who don't enjoy doing it in the cold, what would you suggest for workouts?*

DR. G: Winter is the time I pick to explore new classes, and activities, and

even pick up a new sport. I'll go into detail about these in a later story, including my pros and cons about each, but briefly some of my choices this year included:

1. Boxing and martial arts, including classes such as [Rumble](#), [Work Train Fight](#), [Dogpound](#), and others, as well as true sparring one on one with some of the most talented coaches in NYC. Be careful, it's addictive!
2. I'm an avid cyclist in the summer months, so spinning classes are a mandatory part of my arsenal. In general, I prefer [Flywheel](#) given the objective power data they provide and the ability to compete with classmates.
3. Circuit training with weights, which is a constant part of my regimen.
4. Boot Camps such as [Barry's Bootcamp](#), one of my favorites
5. Flexibility work such as Pilates, yoga, and capoeira.
6. Climbing walls are a great way to simulate the outdoors
7. Other typically outdoor sports such as parkour are now omnipresent in NYC

AM: *How beneficial is a couple or buddy workout and how do you stay on track with this as it can also have distracting effects?*

DR. G: It's crucial for me that my partner is as fitness inclined as I am, or it's unlikely to work. Sports occupy so many categories of benefit in my life, from psychological, to meditative, to performance, that it's absolutely mandatory for my overall well-being, and having a partner that is so inclined can be one of your best motivators to staying healthy. Everything is easier when your best friend is there beside you! At the same time, distraction can be an issue if one of you is self-conscious or less motivated. You

can see this two ways...a chance to coach each other to be better, or as a roadblock. Decide early, and act accordingly.

AM: How long do you feel it should take to start seeing results and how do you think you should go about tracking these areas for proper motivation?

DR G: Although it may sound terrible, often the heavier you are, the longer it takes to see visible results as the layer of fat on top of muscle is thicker. Talk about an incentive to stay lean! Although you won't see the results immediately, you will lose weight and increase function quickly, typically within a month if you put a significant effort in. The leaner you are able to stay, the less time it takes to see distinct results as the layer of fat covering your muscle is much thinner

and disappears with less effort. The take home message? Keep lean, allow some discrepancies here and there, but make your hard work last with lifestyle changes that make the task less and less daunting with each coming year. It's absolutely possible to enjoy your life, and still look great. Moderation is the key. I look forward to giving more guidance about doing just that in future articles!

We're excited for upcoming articles that Dr. Greuner will share with our readers at Athleisure Mag, and are looking forward to his future contributions! Make sure to follow him on IG [@Doctor.DavidGreuner](https://www.instagram.com/Doctor.DavidGreuner) to see what he's up to and where he's working out.

PHOTOS COURTESUY | Dr. Greuner



Awards Season brings a number of our faves together and we had the moment to catch up with [Andrew Fitzsimons](#), Celebrity Hair Stylist. We caught up with him to find out about must have tips that we should use when we're prepping our locks, how he got into the business and what he's up to.

ATHLEISURE MAG: You have rocked amazing hair on some of our favorite celebrities. Tell us when you realized that you wanted to be a hairstylist and your journey to becoming the stylist for the Kardashians, Joan Smalls, Ashley Graham, etc?

ANDREW FITZSIMONS: I fell into hair styling at a very young age when my mom got me a summer job at a local hair salon when I was 13. I loved the work so much that when I returned to school, I realized school wasn't for me. After much begging, my mum allowed me to pursue my dream full time, but with the conditions that I be kind to everyone, never take a sick day and work to the top of my field. I'm still working on #3!

AM: As the *Alterna Hair Care Brand Ambassador*, what does this role entail and how did you become this?

AF: One of the biggest parts of my job as Alterna Haircare's brand ambassador is teaching women how they can use the products to get healthy, shiny, red carpet-ready hair! A lot of women struggle with styling and caring for their hair, but with the right products, it can be much easier. In addition to education, I work with Alterna on product formulation, trend forecasting, photo shoots and video shoots, events and so much more! I love getting to share my love of beauty.

AM: We're in the thick of Awards Season right now - what are 10 products/tools that you always have on hand?

AF: Toothbrush – My secret weapon for

TALKING LOCKS WITH [Andrew Fitzsimons](#)



cleaning up baby hairs and flyaways!

[Dyson Supersonic Hair Dryer](#) – This dryer is super lightweight; light tools are essential for hairdressers.

[GHD Curling Irons](#) – I love these irons because they heat up so fast and are ceramic, so they help protect the hair more than most curling irons. I also like that they're all matte black, it makes my kit look really chic.

[Glam Seamless Extensions](#) – I carry extensions in every color imaginable, and lately, I've been stocking up on these,



which I love.

Babylisspro Nano Titanium Flat Iron – This is my favorite flat iron ever, been using it for years. It gets hair perfectly straight and shiny!

Alterna Haircare Anti-Frizz Omega+Nourishing Oil – I'm obsessed with this moisturizing, super lightweight oil. It's extremely versatile, so I'm able to use it on all of my clients, no matter their hair type. It gives the hair a beautiful, healthy shine and provides light definition without weighing the hair down at all.

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Alterna Haircare Caviar Working Hair Spray – This buildable hair spray is a must for all of my jobs! It gives you a great brushable hold with no stickiness or tackiness.

Alterna Haircare Caviar Repair Multi-Vitamin Heat Protection Spray – My clients put their faith in me that I'm going to take care of their hair, so heat protection is a must! So many people skip this step, but it's essential for keeping your hair healthy and strong.

Alterna Haircare Perfect Texture Finishing Spray – This spray is the perfect combination of the hold of a hairspray and the buildable texture of a dry shampoo. Perfect for those effortless looking, model-off-duty vibes.

Rita Hazan Root Concealer – This is perfect for root touch ups!

AM: You're fresh from the Golden Globes, can you tell us as a stylist what the prep is like before Awards Day in terms of coordinating the hair inspiration with the other components of the look, what your schedule was like in terms of how many/who you styled that day, your prep to get ready, how much time you spent styling each of the looks and once completed what do you after a long day of this nature?

AF: Usually before a big awards show, I'll be in regular contact with my client, my client's stylist and my client's make-up artist. We all review the dress and I create a mood board of ideas based on the dress. At the recent Globes, I had two clients: Kendall Jenner for the Globes and Shay Mitchell for the parties. Typically, there are 2-3 hours for glam and getting dressed, so it's not unusual to have several clients in one day. Once all my clients are done, I typically rush home with my assistant so we can watch the event coverage – it's fun to see the looks on the red carpet.

AM: As someone who is constantly on
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the go from set, red carpets etc how do you take time for yourself?

AF: I really enjoy working out – it helps get me into a zone where I’m just focused on one thing (typically I’m juggling a bunch of jobs and projects, so there’s a lot on my mind). It’s a good way to “press reset” in a way. Yoga is another workout I love, and if I’m having a really busy day, I try to meditate for a few minutes in the car between clients.

AM: When you have downtime, what would we find you doing?

AF: Down time?! I don’t have that... In seriousness, I work every day and am always working on new projects and ideas.

AM: What are 3 places that we would find you grabbing a drink in LA, having a meal with friends and where do you workout?

AF: To me, having wine at a friend’s house is much better than going out! It’s so much more relaxed and fun.

For a meal, I love [Casa Vega](#) – it’s a staple in the Valley and I love it’s history (and of course the delicious food!)

For workouts I love [Barry’s Bootcamp](#) and [Soul Cycle](#).

AM: What's your personal style in terms of what you wear when you're out with your friends brunching, versus what you wear when you're on your way to meeting your clients for Awards Season to get them ready for the red carpet?

AF: I have a very consistent wardrobe – I’m typically wearing an oversized white tee, black jeans, black boots and a black leather jacket (depending on the weather!). I like to have a fairly clean / consistent uniform.

AM: What charities/philanthropies do you support?

AF: I actually recently partnered with the [LA LGBT Center](#) to launch the [Trans Cosmetic Donation Program](#), an innovative charity program in which beauty professionals, influencers and celebrities can donate unused personal care products to the LA LGBT Center, and they redistribute the products to various charities that serve trans women of color in Southern California.

AM: We can see you having a haircare line, extension brand etc - how else do you want to extend your skills for those that may not be able to have you personally do their hair?

AF: I will be launching a YouTube Channel soon! I’m really excited to have an online platform where I can translate the red carpet styles of celebrities to more women. There are few more projects I can’t talk about quite yet...



AT THE ASSURE

